

Grey Court School

# eBulletin

19 October 2022



*Are you following us?*





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*The beautiful drawing on the second page is one of the drawings from the year 12 and 13 life drawing class. Read more about this in the VPA section of this bulletin.*

*Also dotted throughout this bulletin you will find photos from Activity Day*

# The Notice Board

## School Calendar

22-23 Term dates

23-24 Term dates

Events

## The Uniform Shop

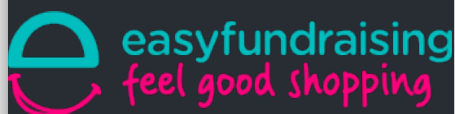
Open Thursdays

3pm to 4pm

PA Appeal

GoFundMe

Digital Screens  
for Science



## Breakfast Club



The Silver Canteen

from 7:45am to 8:15am

## School Menus

Breakfast Club

Weekly

## Curriculum Booklets

Year 7 Year 8

Year 9 Year 10

Year 11



# Sports' Timetable



# ExtraCurricular Club Timetable



# Congratulations

## Ifan McHardy



Congratulations to **Ifan McHardy** who has been selected for North London County Hockey U13s. This is a superb achievement for an 11 yr old to be selected to play U13s - he'll be the youngest member of the squad.



# Congratulations

## Joshua Harwood-White



Congratulations to **Josh** who ran a stonker of a race on 8 October. He ran in the Surrey Athletics XC relays in Morden for K&P Athletics. He ran the third leg and brought his team into first place (from 6th) and also ran the fastest lap in 08:34.

Superb run Joshua!



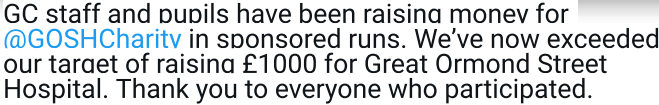
# Congratulations Zach Wilson



Congratulations to **Zach Wilson** who competed in the English Championship Finals in Sheffield on Saturday (15 October) to become the English Champion for Trampolining.





[illegible]

IN AID OF  
**GREAT  
ORMOND  
STREET  
HOSPITAL  
CHARITY**

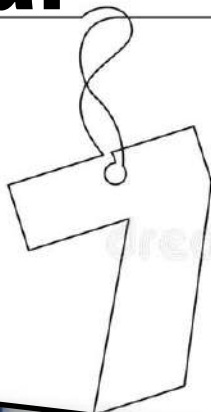


It is amazing to think that year 7s have nearly finished their first half-term at Grey Court. Mrs Shore, Mr Holden, all the tutors and I have been delighted at how they have quickly adapted to Grey Court life. Teachers have remarked on their eagerness to contribute in lessons, and feedback from those running clubs is that there has been a bumper attendance from year 7s this year - which is fantastic!

On Friday, year 7s enjoyed their first Activity Day. 'A band' took part in Environmental Day, which included learning about the issues around plastics, as well as taking part in a litter walk in the local area. 'B band' took the coach to Whipsnade Zoo, enjoying a tour of the park as well as a session on conservation. Thank you to all teachers who planned and supervised the trips - we hope the year 7s enjoyed it.

We hope that you have an enjoyable and restful half-term. Students should come back re-energised in anticipation for the run up to Xmas which can be a bit cold, wet and sniffly!

# Year



Activity Day









**Environmental Day**  
**Year 7 B**  
**Activity Day**











Activity Day

**Whipsnade Zoo**

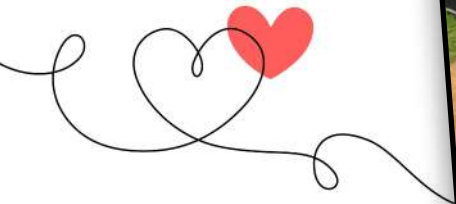
**Year 7 A**







Activity Day

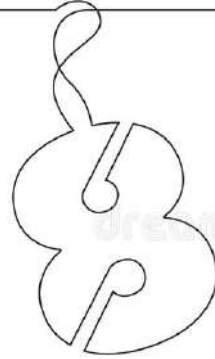




Overall year 8 has had a fantastic start to the year! We have launched the Gradu8 programme with students keeping track of all their kind and restorative actions in their log. Within forms, exciting discussions have started as to what new skill they are going to learn and how they are going to run their enterprise challenges!

As the weather gets colder and wetter, we encourage students to be in full uniform with appropriate outerwear for the playground. The conduct on the playground has become increasingly more chaotic and, therefore, we have reminded students about how to behave and play safely on the playground.

# Year



We finished last week on a high. On Friday, year 8 had the opportunity to explore two fantastic historic features: St Paul's Cathedral and Windsor Castle.



## Activity Day





Activity Day

*St Paul's*









Activity Day  
Windsor Castle







# Mr Gundry's *plastic* Challenge

Students from years 7 - 11 are encouraged to bring Mr Gundry all **clean** plastic bottles and packaging. For every 5 plastic bottles brought, he will reward you with 1 achievement point. There will be a running leaderboard which can be accessed through the pastoral noticeboard. The student that has brought him the most plastic by the 18 November will also receive a prize. See the next page for more items and points values. As people bring him plastic, if it isn't mentioned in the list, he will add more items if they're worth any points!

Students in the sixth form can also be involved and will receive points for each item of plastic they bring him. Each piece of plastic will count as one entry to a prize draw to win a £10 Amazon voucher. The more entries you have, the more likely you will win... good luck! The deadline for submissions of plastic will also be 18 November.

Mr Gundry looks forward to seeing what you bring. He will only accept plastic before school or after school (except on a Monday) **and** if it is clean. Do not bring him plastic during the school day. Mr Gundry can be found in the science office or Lab 1.





| Plastic Material                                                                                                                                                                               | Main School                                           | Sixth Form/Staff                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <p>Plastic bottles</p>                                                                                        | <p>5 bottles for <b>one</b> achievement point</p>     | <p>1 entry per bottle</p>                                                                                            |
| <p>Plastic containers<br/>(with lids preferably)<br/>(including polystyrene cups)</p>                         | <p>5 containers for <b>one</b> achievement point</p>  | <p>1 entry per container/cup</p>                                                                                     |
| <p>Plastic film/lids from packaging (<i>has to be separate from the container</i>)<br/>(not clingfilm)</p>  | <p>10 lids/films for <b>one</b> achievement point</p> | <p>1 entry per 2 films/lids</p>  |

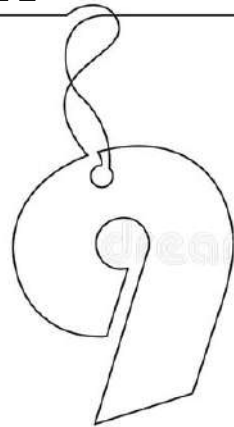
Last week, the focus was for year 9's to recognise 'World Mental Health Day' which was on Monday 10 October. This was recognised during tutor time and in assembly, where Ms Weston explored this year's theme '*make mental health and wellbeing a global priority*' by outlining the different worries that teenagers may experience and the support that is available to the students, if needed. As well as this, our tutors have done a fantastic job this half-term in promoting the importance of wellbeing during their 'Mindful Wellbeing' sessions - the last 2 tutor groups are completing the 'Physical' Joe Wicks inspired workout this week: 9 Elm and 9 Willow. All year 9 students have been very enthusiastic and given it an amazing effort - well done!

**A special shout out to 9 Cedar and 9 Rowan who were excellent in Mr Da Silva's session!**



We had our first activity day of the year where 'A Band' went to Box Hill and 'B Band' went to Newlands Corner.

# Year



## Top Achievers

Last week's top 5 achievers are: **Jack Tomkins, Gabriel Roussinov, Mali Westbrook, James Glanville and Cass Lam.**

Well done for continuing to show engagement, enthusiasm and focus! Keep it up!

As well as our top student achievers, we know that our year 9 tutors are very competitive so we also outlined our top 3 highest achieving tutor groups... starting with **Elm** (1st), **Oak** (2nd) and **Beech** (3rd). Elm have continued to defend their title the second week running! - **Ms Howarth**

*Elm have done it again!*



# Activity Day







Book by MARSHALL BRICKMAN and RICK ELICE Music and Lyrics by ANDREW LIPPA  
Based on characters created by CHARLES ADDAMS

ATG AMBASSADOR  
THEATRE  
GROUP

BROS THEATRE COMPANY  
PRESENTS



RICHMOND  
THEATRE

# THE ADDAMS FAMILY

A NEW MUSICAL



**WED 26 OCT - SAT 29 OCT 2022 7.30PM**

**MATINEES THURS 27 AND SAT 29 OCT 2.30PM**

**TICKETS FROM £14.90 (£18.55 ONLINE/PHONE\*)**

**ATGTICKETS.COM/RICHMOND\* | Box Office 0844 871 7615\***

(\*FEES APPLY. CALLS COST UP TO 7P PER MINUTE, PLUS YOUR PHONE COMPANY'S ACCESS CHARGE.)

CONCESSIONS & DISCOUNTS: CONTACT THE BOX OFFICE ON 0844 871 7615\* FOR FURTHER DETAILS. GROUPS BOOKINGS:

FOR GROUP BOOKINGS OF 10 OR MORE CONTACT 020 7206 1174

PRICES ARE CORRECT AT TIME OF GOING TO PRINT AND WE RESERVE THE RIGHT TO CHANGE OR VARY PRICES AT ANY TIME.

Originally produced on Broadway by Stuart Oken, Roy Furman, Michael Leavitt, Five Cent Productions, Stephen Schuler, Decca Theatricals, Scott M. Delman, Stuart Ditsky, Terry Allen Kramer, Stephanie P. McClelland, James L. Nederlander, Eva Price, Jem Theatricals/Mary LuRaffe, Pittsburgh CLO/Guterman-Gwinsky, Vivek Tiwary/Gary Kaplan, The Weinsteins Company/Clerence, LLC, Adam Zolotovich/Tribe Theatricals  
By Special Arrangement with Elephant Eye Theatrical

\*THE ADDAMS FAMILY\* is presented through special arrangement with and all authorised performance materials are supplied by  
Theatrical Rights Worldwide (TRW), 122-124 Regent Street, 5th floor, London W1B 5SA. [www.theatricalrights.co.uk](http://www.theatricalrights.co.uk)

**Book** your tickets now!

**PS** you may recognise one of the talented actors!



**- Mr Clements**

A consequence of the innovations and evolutions that are fermented by our active diversity group (see this [eBulletin](#) for an overview of their recent work) is that many of the group's recommendations are then debated and discussed during Senior Leadership meetings which are often very lively affairs.

Last week, as part of a presentation on educating staff about chairing conversations about race, gender and ethnicity, a list recommended terms to define identity was tabled. Terms and phrases mooted by the University of York's "glossary of equality, diversity and inclusion" policy were discussed. These included words and phrases such as *BAME*, *white privilege*, *people of colour*, *they*, *them*, *their*, *cisgender*, *neopronouns*, *micro-aggressions*, *gay*, *bicurious* and so forth. So far, so straight forward, you might ask?

What was of interest was how in turns many of these words perplexed, baffled, offended, irked, confused or equally empowered, affirmed and inspired individuals in the room to the point at which even agreeing on a definitive list became difficult. The problem with language is that it is constantly shifting, eddying, whirling and evolving and so it is sometimes difficult to keep up with its, shall we say...idiosyncrasies.

Take, for example, the term “people of colour” which is used in a great deal of current academic discourse, the “law society” describes it as *“primarily used in the USA and not been fully adopted within the UK although it has become more popular.”*

[illegible]

Meanwhile, the government's website on language recommends that officials *"Do not use the phrase 'people of colour' as it...removes the separate identities of the groups that it covers."* Conversely the "racial categorisation and terminology guide" produced by the "society of Black British academics" recommends that *"The term 'people of colour' as used in the USA is preferred."* So far so clear cut then!

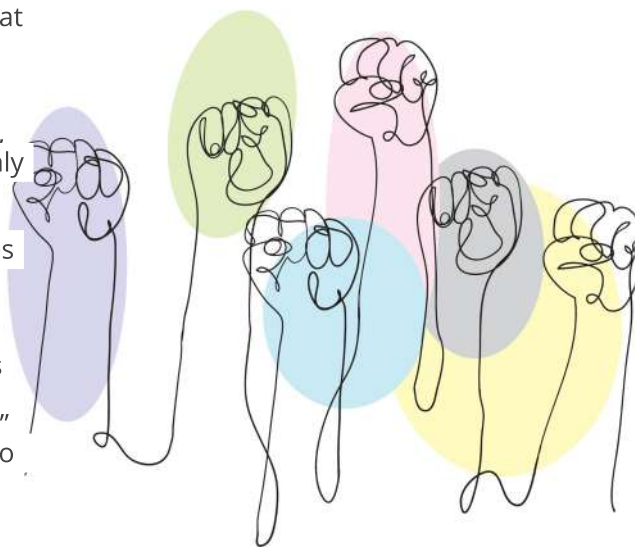
Moreover, that doesn't mean that we shouldn't discuss how language has evolved or be mindful of how it might offend or exclude which is why teachers such as Ms Hawkins and Ms Laws have done such a splendid job in being mindful about the language they use in their schemes on "Empire" and "Short stories that celebrate diversity." As a teacher who has had the privilege of delivering these lessons to classes of year 8 and 9 students, I have been impressed by how adept students are with using respectful language that is nuanced and sensitive in their academic writing.

As a generation who are *aufait* with so called "woke" terminology via mediums such as *TikTok* and *YouTube* it is obvious that its subtleties and rhythms have impacted like osmosis in a way that may have passed the over-forties by! At its best the classroom provides a safe space where difficult and challenging concepts, legacies and cultures can be openly discussed and debated so that young people can form their own opinions and identities and modes of expression.

And to those who might dismiss such initiatives and conversations as too "woke," if you replace this term with "reflective" or "sensitive" all this ideology is asking people to

do is to reflect in a sensitive manner on the language they use in order to include rather than alienate?

This sentiment I think is endorsed by the wise guidance of the law society and so I will let them have the last word as it captures the sentiment of our own programme: "Continue to educate yourself, listen and learn as language continually evolves. Own and learn from your mistakes, apologise if you get terminology wrong and cause offence."

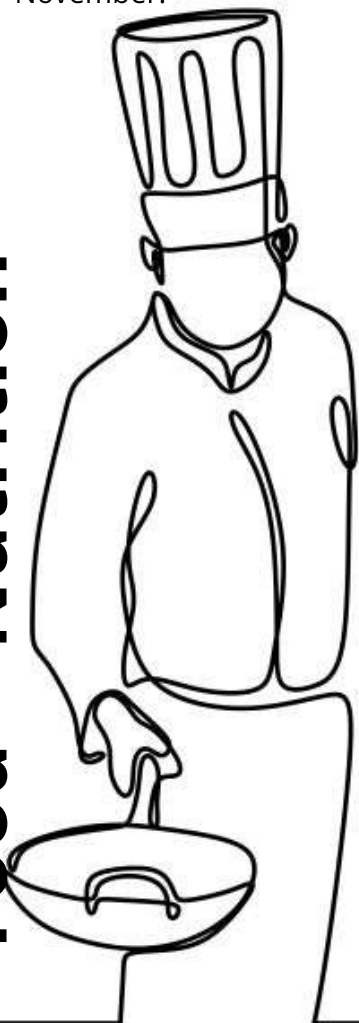




# The BIG NEWS

this week in our department is the heats that have been taking place for the FutureChef competition by Spring Board. This is open to years 9-11 across the UK. Our year 10 Food and Nutrition GCSE students all took part, with fantastic results. Some of our year 11s opted to take part and well done to them by competing along with the demands of their studies. Two students will be chosen after all heats are completed and will compete in local finals in November.

Food + Nutrition



**World Food Day 2022** is on 16 October. Years 9-11 will have an assembly and other years will discuss the importance of this day in tutor time. As a department, we are collecting any donations that we will take to local food banks, as a small part to help fight food insecurity and poverty. We will donate these after half-term to the Trussell Trust in Richmond. If you wish to donate, please send in to the Food and Nutrition department and we will send on your behalf.

In **Food Club** last week our theme was leftovers and zero waste. We used up all veg, pasta and sauce for a tasty dinner to encourage our food club to do the same thing at home. Food Club will resume on the first week back after half-term on 4 November.

**Well done to:**  
Willow Ireland (Y7)  
Alfie Stride (Y8)  
Herbie Henry (Y9)

Chefs of the Week



# Y10A

## #futurechef









# Y10A

## #futurechef







**Y10C**  
**#futurechef**









**Y10C**  
**#futurechef**





# ATTENDANCE

## *Matters!*

| for <b>Top Attendance Figures</b><br>3 October to 7 October 2022 |        |              |
|------------------------------------------------------------------|--------|--------------|
| <b>Year 7</b>                                                    | Willow | <b>99.4%</b> |
| <b>Year 8</b>                                                    | Ash    | <b>98.7%</b> |
| <b>Year 9</b>                                                    | Beech  | <b>99.3%</b> |
| <b>Year 10</b>                                                   | Cedar  | <b>99.0%</b> |
| <b>Year 11</b>                                                   | Maple  | <b>99.0%</b> |



**BE IN SCHOOL  
BE ON TIME  
BE THERE**

**ENGLAND**





**IRAN**





**21<sup>ST</sup> NOVEMBER 2022 - 1PM, MAIN HALL  
AVAILABLE FOR ALL STUDENTS WITH  
100% ATTENDANCE / PUNCTUALITY:  
3<sup>RD</sup> OCTOBER TO 4<sup>TH</sup> NOVEMBER**







Grey Court ski trips 2023

# WANTED: 2ND HAND SKI KIT

OUTGROWN, NOT WORN OUT



**DONATE SKI KIT TO GREY COURT FROM  
1ST NOVEMBER**

Our 2nd hand ski kit sale will take place on

**24 NOVEMBER 2022**

in the Main hall

QUERIES: [MTHOMAS@GREYCOURT.ORG.UK](mailto:MTHOMAS@GREYCOURT.ORG.UK)



**VPA**

## Year 10 Art Trip to the V&A



The year 10 GCSE Art students went on a trip to the V&A for their 'Japan' coursework. They studied the fashion, ceramics and traditional designs of Japan and worked incredibly hard in the museum and on the tube there and back!

## Year 12 & 13 Life Drawing Class



Year 12 and 13 Art students had a two-hour life drawing session with a professional Artist and model to build up their observational skills. They created a range of drawings using mixed and a variety of methods. The confidence grew over the session and they created some outstanding drawings.





## Art Club

Art Club is off to a fantastic start this year. We are working in our own mini sketchbooks learning a range of skills as we move through the term. We've done front cover decoration, oil pastel monoprints and drawing autumn-themed, still-life set-ups to improve drawing skills last week.









# VPA Scholarship News



**In Music**, we are working on our Musical Theatre topic and are learning songs from *School of Rock* in preparation for the VPA Scholarship Showcase next month. Last week, we worked on *You're In The Band* and continued to develop our singing technique. - **Ms Cowper**

**In Drama**, we are continuing to work on our Musical Theatre unit, looking at the main characters in *School of Rock*. Last week, we worked on developing character and breaking down monologues and duologues. - **Mr TakTak**

## Scholar of The Month Emmy Hughes

Emmy has made a fantastic start to her time at Grey Court. She has joined five separate VPA clubs and gives her all to everything she does. She has fully embraced the VPA ethos and we are excited to see her develop throughout this year. Well done, Emmy!



# Upcoming Events



Delfont Mackintosh Theatres are delighted to announce a special **programme** of children's events for October half-term. Aimed at young theatre enthusiasts aged between 11-17, these fantastic workshops will offer children the chance to look behind the curtain at some of the West End's biggest shows! Take a look behind the scenes at the monster hit that is Hamilton! Technical Director Chris Boone will tell the story behind bringing the show across the Atlantic from the bright lights of Broadway to London's glistening West End! You'll then head into the auditorium for a technical demonstration of this ground-breaking production.

## *Dates for the Diary*

**3 November**

VPA Scholarship Theatre Trip to The **Life of Pi**

**8 November**

A Level Theatre Trip to The Importance of Being Earnest

Fancy taking your learning in Drama further? Want to earn some qualifications in Speech and Drama? LAMDA is a speech and communication board overseen by OFQUAL that offers exams resulting in qualifications in both Speech and Drama that are recognised around the world. Watch this space for more information on LAMDA being offered at Grev Court School starting in January 2023 (Spring Term).



# Oh, What a Night!



Peek behind the scenes of the production *The Caucasian Chalk Circle* by Bertolt Brecht

What a night that was. Full of wonderful music, a particularly fantastic voice, and superb ensemble acting.

The Brecht play with music is a parable about ownership and belonging. As the Grusinian revolution is in full chaos, the rich Governor's wife leaves her child, in haste, as she instructs her servants to gather her favourite dresses to avoid losing them. A servant girl picks up the child, "terrible is the temptation to do good", and is then chased by the 'police' who will collect a hefty reward if they can return the child to its 'mother'. The servant faces several challenges and obstacles en route to escape but is eventually discovered and the child taken away. Years later a drunken judge is to preside over the case of who should 'own' the child...the mother by birth or the woman who has nurtured and cared for him?

Our 55 students sat attentively throughout the three hours and enjoyed the music, the dance, the amazing multi-rolling cast, the colour and the spectacle. The year 12 students were taken by the singing (they have their own 'scratch' version coming up in November) and even Otto was overheard to say "I'm tired, but it was good", which, if you know Otto, is high praise indeed. Whilst the revolution was delayed (as one review said, referencing Brecht's original ideas for theatre), we all had a very enjoyable evening and were reminded of the thrill and excitement of live performance. When asked where the play was actually set, I replied that it was an imaginary state of Grusinia, a universal place that could be anywhere...to which the student replied "Classic Brecht".

After the show, huge thanks is due to Mr Allchurch, Mr Taktak and Mr Page who waited for many parents to collect their students (Clara and Noelle...you owe us!) and Mr Taktak couldn't resist a selfie with Carrie Hope Fletcher, his first love from *Chitty Chitty Bang Bang* in 2002, but he had to elbow Mr Allchurch out of the way to get it.

Well done to all our GCSE and A Level Drama students for being so responsive, so responsible and so respectful in public. As usual, they do Grey Court proud. - **Mr Page**



| Name                      | Subject                 | Reason                            |
|---------------------------|-------------------------|-----------------------------------|
| Simi Sohal (80)           | Science                 | Excellent engagement in class     |
| Jack Footner (9C)         | Science                 | Excellent engagement in class     |
| Imogen Tillyer (10M)      | Biology                 | Excellent classwork               |
| Maya Scahulu (11R)        | Biology                 | Excellent engagement in class     |
| Otti Day (12D)            | Biology                 | Excellent engagement in class     |
| Thomas Hardman (13D)      | Biology                 | Excellent engagement in class     |
| Morgan Kerr-Elliott (11A) | Chemistry               | Excellent homework                |
| Elizabeth Masucci (13B)   | Chemistry               | Excellent contributions           |
| Alex Akosa (12E)          | Applied Science<br>BTEC | Excellent progress in the subject |
| Owen Croxon (13C)         | Applied Science<br>BTEC | Excellent Contributions           |



# STARS OF THE WEEK

# PDW this week

**This week**    **Wednesday 19 October**

**Year 7**    How can we best deal with conflict and abuse?

**Year 8**    Different types of period products and rethinking periods

**Year 9**    Domestic violence

**Year 10**    RS/Computing

**Year 11**    Apprenticeships and alternative options





**"There is always help, even when your brain tells you there isn't" - Jonn Green**

**Every Mind Matters  
Richmond Mind  
Off The Record  
Kooth.Com  
Young Minds**

*World Mental Health Day*  
**10 October**



# Support *for* Families

**The following organisations are there to support families in financially challenging times**

Citizens benefits: Richmond and Kingston have a wealth of information, food insecurity support, practical advice on claiming:

**[citizensadvice-richmond](http://citizensadvice-richmond.org.uk)  
[citizensadvice-kingston](http://citizensadvice-kingston.org.uk)  
[help.php](http://help.php)**

## **BBC Children In Need Emergency Essentials**

**Programme:** The programme provides items that meet a child's most basic needs such as a bed to sleep in, a cooker to provide a hot meal and other items or services critical to a child's wellbeing.

## **Connected Cost of Living Support Hub**

## **Richmond Cost of Living Support Hub**

Richmond Winter Warmth Home Service Support Hub and Kingston provides support for low income families with children

**Food Bank** - if any parents require a referral to a food bank, please contact Ms Price in confidence

**[vprice@greycourt.org.uk](mailto:vprice@greycourt.org.uk)**



# **Insomnia and ADHD:** Solutions to Help You Get the Sleep You Need

People with ADHD may have a hard time falling or staying asleep. Learn how ADHD medications and symptoms can contribute to insomnia.



Ms Weston, Ms Clark and Ms Comrie

Last week, we had another successful and productive week in the KS4 year groups, with excellent sporting achievements, brilliant focus in lessons and an excellent appetite for learning as assessments and exams have been taking place. Particular note goes to the year 11 rugby team who played a superb game on Friday 7 October, and the girl's football.

As the dark nights creep in over half-term, please do remind your children to be cautious when out and about, or walking home. We hope year 10 and 11 have a restful and enjoyable break.

## Reminder

**Y11 are back in school on the 31 October** for their first set of mock exams.

**Y10 return on 2 November.**

## Attendance

Attendance for year 10 currently stands at **95%**. Whilst we would love this to be 100% (especially in Attendance Focus Month!) we are still aiming for the minimum of 96%, so we still have a little way to go as a year group. However, a big **Well Done** to: **10 Cedar** for having the best attendance in the year group so far with **99%**!

**11 Maple** for having the best attendance in the year group so far with **99%**

## Achievement

**Well done to:**

**10 Willow** for having the most Achievement Points in the year group so far with 643 points, snatching the crown from Oak and with 1 more point than Rowan! **Eva Meng** in 10 Rowan remains top of the leaderboard with a brilliant **59** points, with Taylor Rumney and Julia Ciasnocha following very closely behind. Well done girls.

A special well done to our year 10 GCSE Food and Nutrition students who competed in the Future Chef Competition heats this week - watch this space for the finalists in the next newsletter, who will go through to the regional final in November.

Year 11 have had a wonderful week starting strong with the U16 boys' football match killing it with a win against our rivals Christ's school. There have also been some exceptional achievements made by Yohanna Samuel Darling, Mughda Najib and Aarya Somani who have been elected as diversity ambassadors by Pearson, well done girls we are very proud of you.

A huge well done to 11 Rowan for victoriously stealing the show this week with 541 achievement Points, the highest in the year group so far.



# Activity Day **Y10** *Life Skills*





# Careers

by Miss Corrighan

## LOOKING FOR A JOB...











*The volunteers were really enthusiastic and one of them specialised in what I want to study at Uni. so gave me lots of advice. They were really willing to help and were so kind!!*

Year 12 student

## What a turnout!

Thanks to all of the students and parents/carers that came to our first in person careers event since 2019. From hairdressing to cyber security, physiotherapy to town planning, fashion to science, we had quite the range of professions represented. The hall and library were packed and the atmosphere was buzzing with conversations. Some stands even had queues; Law, Business, Media, Graphics and the Civil Service seemed to prove very popular!

We couldn't run this night without our volunteers. So, thank you to all our volunteers for giving up their evenings to come and talk to our students - we really appreciate your time and effort. We always love seeing our alumni back at school and to hear of their time at Grev Court. This also shows our current students what they can achieve in the future. We have amazing alumni - so thank you!

We hope this event has helped you to think about your future careers and options. We would love your feedback - please take two-minutes to complete these student or parent/carer surveys:

[Student feedback - Careers Fair 2022](#)

[Parent/Carer Feedback - Careers Fair 2022](#)









NPL  
National Physical Laboratory

B B C easyJet Civil Service

NHS

RICHMOND HILL  
HOTEL

HEADMASTERS

JOHN  
LEWIS  
A PARTNERS



Community  
Sports  
Trust

Kew  
ROYAL BOTANIC GARDENS

FUNKTION

outerspace BRIDGE

*for joining us and sharing your expertise*

## Thank you to all of the school and staff helpers

**Year 10 Ambassadors** - Lola, Maisie, Emma, Lucas, Amara and Lulu who did a fantastic job meeting and greeting our students and parents.

**Year 13** - **George** for impressing many of the employers with his event management skills. **Holly** for showcasing the event with her photography skills.

**Mr Gundry** and **Ms Gonyora** for representing the teaching profession.

**KS4 team** who expertly dealt with the queues and supporting students and parents.

**KS5 team** who ran the sixth form stand and **Ms Holmes**, **Mr Clements** and **Ms Corrighan** who managed the event.

**The Caretakers** for the massive set up and tidy up job.

# Information and resources from Kingston University

## Student and Staff Opportunities

- **Kingston School of Art Short Courses** -Year 10+ learners can apply now for **FREE** places on our **Sustainable Fashion, Life Drawing, Visual Story Telling, Introduction to Animation** and **Foundation Preparation short courses** in October, November, and December. **Both forms** need to be completed in order to apply:
  - [Student Application](#)
  - [Parent Application](#)
- **STEM Teacher Network [returns!](#)** This term our STEM Teacher Network event will highlight activities and opportunities for your pupils themed around **engineering (applications of physics) and computing**. Join us for a FREE fun, interactive evening with take away STEM activity ideas to use in your classrooms.
  - Tuesday 15th November 5pm-6:30pm, Penrhyn Road Campus -[Book here](#)
- **Engineering opportunity for Primary and Secondary pupils**
  - Kingston University have partnered with the team at Primary Engineer for the 2022/23 'If you were an engineer what would you do?' competition. Pupils will have the chance to interview engineers and design their own solution to a real world problem. To find out more and register your schools interest, please visit the [competition webpage](#).

## Applying to Higher Education

- The **2023 UCAS deadline** for undergraduate courses is: **25th January 2023.**
- For the UCAS application **process guide** – [click here](#).
- Come and **visit us!** Dates below for our next open days for undergraduate students:
  - **22nd Oct** - [Book Here](#)
  - **9th Nov (Virtual)** - [Book here](#)
- View our **2023 prospectus** [here](#)
- Help your students with the tricky decision of **choosing the right course** with this [guide](#)





**SIXTH FORM NEWS**

# NB:

Please note the different arrangements for Y12 and Y13 with regards to whether they attend virtually or are required to be on site.

## Year 12

**MONDAY**  
**31 October**

### **Students work remotely on Unifrog:**

Unifrog - Students will spend time logging their correspondence so far and completing additional tasks, to become familiar with all the tools available on the website.

### **KS5 Student Launch - Watch Video**

## Year 13

**UCAS enhancement days** There will be two full days of support for pupils with their UCAS applications. Pupils will be able to request specific feedback and guidance from their tutors and members of the sixth form team and by the end of the two days most will be ready to formally submit their applications. Pupils should try to arrange a time to sit down with their tutor and review their teacher UCAS reference.

Pupils are also being assigned drop down work from their class tutors, with specific work assigned for pupils who've been identified as needing to catch up. This work will be completed after their UCAS applications

**TUESDAY**  
**1 November**

**Students work remotely on new stills and competencis for Unifrog and UCAS:** Students can access a wide range of podcasts and online lectures/courses from home to support the competency work that they did the day before.

INSET DAYS

31

1

Well done for a fantastic first half-term! Year 12 students have admirably stepped up to the demands of their A-level and BTEC subjects, and are demonstrating the key skills necessary to be successful in Sixth Form. In tutor time, students have reflected on how they are managing their time and working independently, and have set themselves new targets for the next half-term. Have a well-earned half-term break and come back ready to go again in November!

Last week year 13 were, once again, visited by the WizeUp team during their enrichment periods and learnt about financial topics such as credit cards, and credit ratings as well as information about living away from home.

Pupils have been learning about time management with their form tutors and should also have accessed an [online time management course](#) from Udemy.

## UCAS predicted grades

It is important to note that the grades that are predicted for UCAS are aspirational as they have been taken from the best grades that were achieved in the mock exams and that we add an additional grade per subject in order to allow for aspirational predictions and university offers that inspire and motivate. For example, if you got CCC last year, then we would predict BBB, BDD would turn into ACC or BBC.



## Predicted grades on the recent report

While our UCAS predictions are aspirational, they are not necessarily a prediction of what classroom teachers feel students will achieve and do not form part of the body of data that we take into consideration when assessing how students are doing. Therefore, the predictions in your report(s) are the most accurate indicator of what teachers feel are the most likely grades to be achieved at the end of the year. These are based on mock examinations, classwork, coursework and practical work (when relevant).

Running the university applications process every year, sometimes the sixth form team forgets that the language of UCAS is not universally understood. To help demystify the process UCAS have produced a handy guide. Click here and you will be able to outsmart your child [UCAS Terms Explained](#).

If you are struggling to submit your UCAS form, please speak to your tutor, Ms McNicol, Ms Higham, Mr Taylor or Mr Bhumbra. Don't bury your head in the sand - your UCAS form won't go away and getting it sent off nice and early will pay huge dividends. The second half of this term will be a busy one for year 13s, so having your UCAS form submitted and having uni offers rolling will take away lots of potential stress and anxiety. **Submitting early is a concrete way you can help yourself in your year 13 journey so now is the time for action!**



UCAS

Please see our weekly opportunities bulletin [14/10/2022 Sixth Form Careers opportunities](#)

which shows a range of careers, work experience, university and apprenticeship opportunities. These opportunities are great to add to their experience and help students think about the future.

Add any experiences to your Unifrog profile.



## STARS OF THE WEEK

**William Brooks**

**Lily Bryant**

**Freddie Dembrey**

**Neema Fanaie**

**Ilya Aslanzadeh Charandabi**

**Millie May**

**Kate Dolotova**

**Holly Lambert**

**Zach Sharif**

**Kathryn Carmichael**



When you have submitted your application, please see Mrs McNicol to claim your [curlvwurlv](#) and arrange to see your tutor to go through anything they need for your reference.

OPPORTUNITIES UCAS STARS

Last week students have been working on referencing and essay and artefact planning. They need to return from the half-term ready to begin the drafting process. Students who are behind should plan to catch up on key tasks during the half-term period. This will be especially true on the two INSET days at the beginning of the new half-term.

## Miss Fincham's Update

All applications have now been sent to UCAS and all students who need to sit pre-interview assessments have been signed up to sit these. The next step after half-term will be to look at interview preparation.



All year 12 students are up and running on Unifrog researching their post sixth form options and logging their competencies in preparation for writing their personal statements at the end of the year. To find out more about this useful tool you can watch this [short video](#).





*Our*  
**SPORTS Stars**  
Going Above and Beyond





A hard fought 3-2 victory for our U14 football team Vs Hollyfield on Monday (17 October). Goals from Borja, Rory and Leo



Superb 24-19 victory for the U15 rugby team on Thursday (13 October). Excellent team performance. We look forward to the next round after half-term.



Congratulations to the U14A team who won the Borough tournament held at Turing House School on Wednesday 12 October.

The photo (above) includes the A and B team together (this also includes Katrina Killey).

The girls team finished runners up which was also superb!







The U16s won 33-22 in the Middlesex Plate on Friday (14 October) against a strong St Richard Reynolds side. Great physicality and commitment takes us in to the semi-final.



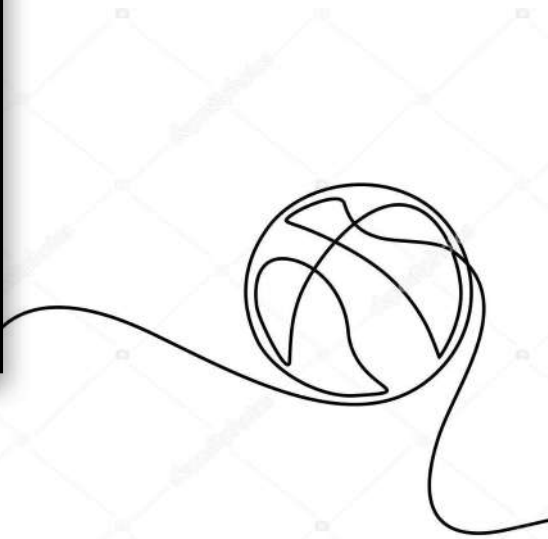
Excellent victory for the 1st XI football team on Wednesday (12 October). Some impressive performances to take forward to our next match.



Well played to the U15B team who played against [@BenniesSport](#) on Wednesday. The game was close throughout, but unfortunately the other team pulled away in the last quarter. Fantastic teamwork and encouragement from the squad, well played all. POM Coretta



Well done to the U14b netball team! A fantastic win against [@BenniesSport](#) U15C team. POM Mvula. Well done to everyone who played.



# All the Interhouse Football Action



The first of the Inter-house football tournaments took place last Wednesday. There were sudden-death penalty shoot out wins in both boys and girls comps. Roman win for the boys and an Aztec win for the girls (missing 3 who had to run off to a trip!). Well done winners!





# Girls' Scholar of the Month

## Charlotte Vermeulen, Y7

Charlotte Vermeulen is our Scholar of the Month for October! She's not had the easiest start to her journey here at Grey Court. Charlotte suffered an injury to her knee during football training at the beginning of the school year, which left her on crutches - but that did not defeat her spirit! She has a great attitude to learning. Charlotte's attendance and engagement in scholarship lessons, PE and extra-curricular clubs has been fantastic. Despite not being able to fully participate, she gets involved wherever she can, whether that is sitting down in yoga or supporting her classmates on the sidelines. We very much look forward to seeing her make her debut on our football and netball teams. Keep up the good work and we wish you a speedy recovery!

Girls' Scholar of the Month  
Girls' Scholar of the Month  
Girls' Scholar of the Month  
Girls' Scholar of the Month



# Girls' Player of the Month

## Esther Mudunkotuwe, Y8

Our girls' Player of the Month is Esther Mudunkotuwe who has just been selected into the Middlesex County Cricket programme. In the summer holidays, there was a series of trials for Middlesex Cricket that lasted for 5 sessions. Once those were over, they selected a group of around 30 girls to play two trial matches in September. Out of that group they choose people to train in Winter nets. There will be a series of 6 week sessions in November and in January. There will only be a few matches over winter but next spring Esther will play in county leagues with Middlesex. Well done Esther!

Girls' Player of the Month  
Girls' Player of the Month  
Girls' Player of the Month  
Girls' Player of the Month



# Girls' Team of the Month

## U14 Netball

The U14 Netball team is the Team of the Month for October! This squad has come on leaps and bounds this term physically and mentally. After a tough Borough League match vs Christ's, the girls had some reflection time with Miss Marsh and Miss Parr and set some goals for the season ahead. Since this meeting, the team has massively pulled together, supporting each other through injury, illness, tough games and glorious victories.

It was at the Middlesex County Tournament that the U14 squad really shone. This was a brutally long afternoon of netball with a huge number of games and very little rest. Grev Court faced 8 of the best schools in the County in the hope of finishing in the top 3 to secure a spot in the County Finals in March. The girls were calm on court, communicating well and working the ball into the shooters with very few errors. Tenacious defending by Margo, Neve and Tatiana resulted in many turnovers that were converted by shooters less and Pearl. Captain and Vice Captain Betsy and Bade supported the team on and off the court and centre court players Lily, Amelia and Kat worked tirelessly, giving 100%. The girls were a credit to their school and a transformed team from the start of the season. Unfortunately, they finished in 4th position out of 9 and do not qualify for the finals but will continue to build their momentum this season and develop their skills for the other games and competitions ahead.

Girls' Team of the Month  
Girls' Team of the Month  
Girls' Team of the Month  
Girls' Team of the Month



# Boys' Scholar of the Month

## Samuel Dean

Since starting at Grev Court, Samuel has displayed a superb attitude and effort in all of his PE lessons. He has worked very hard on his rugby, both in lessons and at extra-curricular clubs. Samuel has been an instrumental player in the year 7 football team, helping them in their unbeaten start to the year. He was one of the stand out players in their recent victories over St Richard Reynolds and Hinchlev Wood, demonstrating his great technical ability.

Samuel is an all rounder, attending ludo and running club. In his PE fitness lessons, he has performed well across a range of tests, including the cooper run. Most importantly, Samuel is a pleasure to teach and takes on board feedback that is given to him which will be beneficial to his development in the future. Well done on a brilliant start at Grey Court.



Boys' Scholar of the Month  
Boys' Scholar of the Month  
Boys' Scholar of the Month

# Boys' Player of the Month

## Theo Povey

So far this year, Theo has shown fantastic effort and commitment both in training and in school fixtures. As a rugby player, he is a superb all-rounder, scoring tries in all his appearances for both the U16 and U18 teams to date. Theo is a versatile player, just as comfortable at full back as he is at fly half, posing a threat wherever he gets the ball. Theo has worked hard on the defensive aspect of his game and has shown an impressive willingness to WANT to be better, which is a great attitude to have. Theo has also had a brilliant start to the indoor athletics season, helping the team to a second place finish at Lee Valley and qualifying them for the Indoor London Champs Final. He impressed with a jump of 1.65m and will aim to improve this further in the Finals. Theo has had a great start to the year, and we look forward to seeing him continue and build on this run of form throughout the year.



Boys' Player of the Month  
Boys' Player of the Month  
Boys' Player of the Month

# Boys' Team of the Month

## Junior Cross Country Team

Our Junior Boys cross country team performed fantastically well in their first fixture of the season. We took a team of six to the prestigious Harrow School and they came home as comfortable winners of the ESAA County round. There were highly impressive individual performances from Milo Downey (1st), Thomas Barry (2nd) and Avery Barikor (3rd). This was followed by strong runs from Luca Grima (6th), George Robinson (8th) and Thomas Cope (14th). With more year 7 athletes having been highlighted as strong runners since this event, we are excited about the depth we now have in this Junior squad. The boys will now look forward to competing at the Regional Finals on 12 November, and we will continue working with them at our Thursday running club.



Boys' Team of the Month  
Boys' Team of the Month  
Boys' Team of the Month



# Accelerated Reader Lesson

## Years 7 & 8



The first two years of your child's Grey Court life will focus on reading as year groups 7 and 8 have a timetabled reading lesson called **Accelerated Reader**. This is to establish good reading habits and to develop their reading ability in preparation for Key Stage 4 as there is a significant correlation between reading ability and overall success. Reading ability has a considerable impact on both educational attainment and options for the future. Practising good reading habits are fundamental mechanisms to preparing your child for educational success.

Book/Reading Level

The amount of points the book is worth.

## Understanding The Star Test Results

The Star Test is a reading, comprehension and vocabulary test to see the level of a students reading ability. The students take three of these tests during the academic year. The first to establish a baseline and starter Book/Reading level. The second and third Star Tests are to track improvement of their reading ability.

There are two results to acknowledge:

**Reading Age** - YY:MM (years and months)

**Book/Reading Level** - This is a range and it's best to start at the lowest end of the range and work up to the higher end.

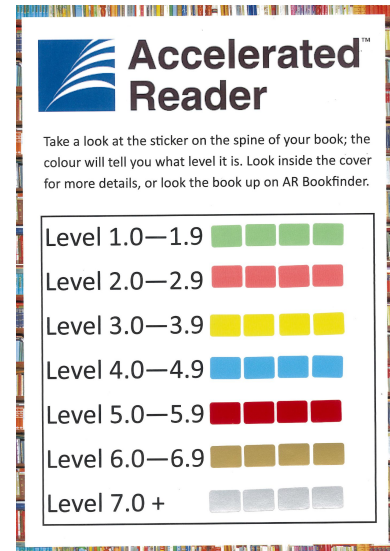
For example: Steve Rogers Star Test Results are

**11:4** 10 years and 4 months

**3.2 - 6.4** I would start him off in the **Yellow Level/Level 3**

Starting students off at the lower end of their Book/Reading Level range will get them more familiar with quizzing, as it's a new concept, and we want to confirm the levels for each student: 100% pass mark in the quizzes from books within that level will move them up the Book/Reading levels.

In the past students who have jumped straight into the higher end of their range have resulted in failed quizzes which have been demoralizing in terms of reading and quizzing. It is best to start off at the lower end and with a win, then work up to the higher end of the Book/Reading Level range.



## Examples of the levels



The Maze Runner  
by James Dashner

Quiz: 219957 EN Level: 5.3 UY  
Points: 15



The Three Musketeers (Unabridged)  
by Alexandre Dumas

Quiz: 200099 EN Level: 11.3 UY  
Points: 42

## The Takeaway!!

- Establish Good Reading Habits
- Make sure they are Reading books from the correct level
- 100% pass mark in the quiz??  
Move up to the next level!!

## Read. Quiz. Grow.

# HAM YOUTH CENTRE

## AUTUMN HALF TERM HOLIDAY PROGRAMME

# BLACK HISTORY MONTH

SUPPORTED BY  
MULTICULTURAL RICHMOND



We are open **Monday 24** to **Monday 1 October**, 12pm to 4pm offering normal youth club activities: sports, arts, etc, but we will also be running exciting workshops and activities inspired by Black History month.



Ham Youth Centre, Ham Close,  
Ham TW10 7PL

# 2022



achieving  
for children

# ALL ACTIVITIES ARE FREE!

See time table below.

## MONDAY 24 OCTOBER

Rap workshop with rapper Squingy

12pm to 3pm

## TUESDAY 25 OCTOBER

Closed

## WEDNESDAY 26 OCTOBER

Black history quiz and art work

12pm to 2pm

Film screening (Hidden Figures)

2pm to 4pm

## THURSDAY 27 OCTOBER

African drumming and steel pan workshop

12pm to 2pm

African cooking workshop

2.30pm to 4pm

Film Showing (Kevin Hart's guide to Black History)

4pm to 6pm

## FRIDAY 28 OCTOBER

Mauritian cooking workshop

12pm to 1.30pm

Film showing (Ruby Bridges)

2pm to 3.30pm

Drama workshop with Nollywood star - Uche Odoputa

4pm to 6pm

## MONDAY 31 OCTOBER

Hip hop dance workshop with Melodie

12pm to 2pm



Please email Ben Skelton to book your place:

E: [ben.selton@achievingforchildren.org.uk](mailto:ben.selton@achievingforchildren.org.uk)





## Christmas Wreath Workshops



**£55 to include all materials and refreshments**

Make your own Christmas door wreath, we will demonstrate and guide you to create a beautiful wreath, 2 hour sessions at local venues, call us to register your interest, £10 booking fee to secure your place, which will then be deducted on full payment.

St Thomas Aquinas Church Hall, Ham - Fri 25<sup>th</sup> November 7pm-9pm

Grey Court School - Sat 26<sup>th</sup> November 9.30am-11.30am

The Cardinal Peppe Tudor Drive details and price to be confirmed



**PALMSANDVIOLETS**

**07306550261   [info@palmsandvioletsflorist.co.uk](mailto:info@palmsandvioletsflorist.co.uk)**

# Dean Beadle

Dean Beadle, a high-profile journalist, speaker and writer will be discussing 'Autism and anxiety' at Latchmere School on Wednesday 19<sup>th</sup> October 2022.

Dean Beadle has toured the UK for over fourteen years sharing his experiences of being autistic. Through his humorous and insightful speeches Dean outlines his positive outlook on being autistic, and challenges negative public attitudes.

The event is open to parents, staff, friends and colleagues.

## **Details**

**When:** Wednesday 19<sup>th</sup> October 2022.

**Time:** 6.30-8.30pm

**Where:** Latchmere School, Latchmere Road, Kingston, KT2 5TT (Access will be via the KS2 parent waiting area opposite Latchmere Rec playground).

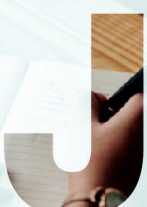
**Price:** £7.50

Please book your ticket via Eventbrite using the following link:  
<https://www.eventbrite.co.uk/e/dean-beadle-autism-and-anxiety-tickets-387504936697>



# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued.  
Use these tips to improve your mental health one letter at a time.

|                                                                                                                                                                           |                                                                                                                                                                            |                                                                                                                                                                      |                                                                                                                                                                         |                                                                                                                                                                              |                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>A</b><br><b>ASK FOR HELP</b><br>You are not alone, so reach out and ask for help     |  <b>B</b><br><b>BREATHE</b><br>Focus on your breath to find a sense of calm               |  <b>C</b><br><b>CONNECT</b><br>Connect with friends, family and trusted adults      |  <b>D</b><br><b>DETOX</b><br>Unplug from social media and other distractions         |  <b>E</b><br><b>EMOTIONS</b><br>Observe how you feel and label your emotions              |  <b>F</b><br><b>FIND SAFE PLACE</b><br>Go to a place where you feel safe and at ease        |
|  <b>G</b><br><b>GRATITUDE</b><br>Focus on the things you're grateful for               |  <b>H</b><br><b>HEALTHY HABITS</b><br>Create a balanced routine with healthy habits     |  <b>I</b><br><b>INQUIRE</b><br>Pause and ask yourself, 'how do I feel right now?' |  <b>J</b><br><b>JOURNAL</b><br>Use a journal to express your thoughts and feelings |  <b>K</b><br><b>KINDNESS</b><br>Be kind and compassionate to yourself and others        |  <b>L</b><br><b>LET GO!</b><br>Feel more energised, by moving your body                   |
|  <b>M</b><br><b>MEMORIES</b><br>Visualise three things you are proud of                |  <b>N</b><br><b>NATURE</b><br>Improve your mood by exploring the great outdoors         |  <b>O</b><br><b>OPENNESS</b><br>Be open to new activities and notice what happens |  <b>P</b><br><b>PATIENCE</b><br>It's okay to not be okay, so give yourself time    |  <b>Q</b><br><b>QUIET</b><br>Take quiet moments every day to reflect                    |  <b>R</b><br><b>REST</b><br>Be mindful, rest often and get plenty of sleep                |
|  <b>S</b><br><b>SUPERHERO</b><br>Stand in the Superhero Pose for two minutes every day |  <b>T</b><br><b>THOUGHTS</b><br>Track your thoughts in a journal, and notice any themes |  <b>U</b><br><b>UNIQUE</b><br>You are unique, and so is your mental health        |  <b>V</b><br><b>VOLUNTEER</b><br>Boost your self-esteem by giving back to others   |  <b>W</b><br><b>WORRY TIME</b><br>Schedule 'worry time' to help solve practical worries |  <b>X</b><br><b>EXCITEMENT</b><br>Do more of the things that bring you joy and excitement |
|  <b>Y</b><br><b>YOU MATTER!</b><br>You are important and your feelings matter          |  <b>Z</b><br><b>ZEN</b><br>Practise calming activities like yoga and meditation         |                                                                                                                                                                      |                                                                                                                                                                         |                                                                                                                                                                              |                                                                                                                                                                                |

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](https://healthinschoolsuk.com)





**£35  
PER DAY**

**10%  
DISCOUNT\***

# ROSSLYN PARK OCTOBER HALF-TERM ACTIVITY CAMP

**STARTING  
MONDAY  
24<sup>TH</sup> OCT**



# HALF-TERM CAMPS AT ROSSLYN PARK!



**MONDAY 24TH - 28TH OCTOBER**

**8.45AM-3.15PM OR 8.45AM-5PM**

**DROP OFF FROM 8:30AM**

**FREE DAILY NUTRITIONAL LUNCH**

**FREE NUTRITIONAL SNACKS**

Join us at **Rosslyn Park** for an entertaining week of activities during the October Half-term. Our expert qualified Teachers and Coaches will engage with your children across a host of games and activities across the week including football, touch rugby, cricket, rounders, arts & crafts, reading, free study tuition, and playstation corner (Max 45 Mins), as well as providing daily nutritional education.

## ROSSLYN PARK FC

PRIORY LANE  
UPPER RICHMOND ROAD,  
ROEHAMPTON,  
LONDON,  
SW15 5JH



## GETTING HERE

400M FROM BARNES STATION  
BUSES 33, 265, 337, 493 AND 419  
STOP OUTSIDE THE GROUND

## MULTI-SPORT

including Football | Cricket  
Tag/Touch Rugby | Rounders  
Volleyball

## ARTS & CRAFTS

with dedicated tutors | Colouring  
Drawing | Painting | Clay  
(plasticine) Modelling

## QUIET STUDY & READING SPACE

with a range of books for all ages  
and a trained tutor available to help

**9AM - 3PM: £35**

**9AM - 5PM\*: £45**

\*PLEASE EMAIL  
COMMUNITY@ROSSLYNPARK.CO.UK



**SCAN ME**

## TO BOOK

VISIT: [www.rosslynpark.co.uk](http://www.rosslynpark.co.uk)

EMAIL: [community@rosslynpark.co.uk](mailto:community@rosslynpark.co.uk)

PHONE: 07821 650912

**PPG CHILDREN ATTEND FOR FREE**

Please email [community@rosslynpark.co.uk](mailto:community@rosslynpark.co.uk)

All members of our management and coaching teams hold enhanced checked DBS certificates. All are either qualified teachers and/or fully qualified sports coaches. All relevant Covid-19 guidance will be adhered to at all times. Terms and conditions apply.







# Wellbeing action plan

A simple, ever-evolving resource  
to help you keep yourself well  
and take appropriate action if  
things start to go less well.



## Hello!

We hope you find this little booklet a useful starting point for trying to be kinder to yourself and keeping yourself well, especially at difficult times. It's based on a well-tested model called 'Wellness Recovery Action Planning' which is designed for people in recovery from mental illness.

We've simplified the idea and backed it up with advice and suggestions from young people to create this easy to use resource designed to help you promote your wellbeing, regardless of whether you've faced mental health issues or not.



**Pooky**

Dr Pooky Knightsmith

Director: Children, Young People & Schools Programme

**Charlie Waller Memorial Trust**

@PookyH | [pooky@cwmt.org](mailto:pooky@cwmt.org)

We hope that completing this booklet will be both informative and fun and that it will help you to reflect on how you can best look after yourself and seek help if you ever need it. Keep it safe and return to it – feel free to scribble all over it or start again as you learn more about yourself and what works for you.

Throughout, we've included a range of ideas shared by young people to get you started and inspire you.

Good luck – be kind to yourself!

## My wellness toolbox

The first thing we need to do is to think about all the different things that help to make us or keep us well. These things make up our 'wellness toolbox' which can be a jumble of all sorts of different things. Nothing is too silly to put in your wellness toolbox – if it keeps you well or makes you smile, it should go in...



### Getting active

I love to just get my blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.



### Getting outside

Just being in outside space, camping and scouting, road trips, sunsets and sunrises, rollercoasters, walking the dog, taking a mindful walk.



### Connecting

Time with family, quality time with friends, looking after pets, group activities, team sports, counselling, talking to friends online, WhatsApp groups.



### Reaching out

Sometimes I kind of can't face being with people but I can still have a laugh with my mates online and it usually helps me feel better.



### Positivity journal

I have a journal where I record one thing to be grateful for every day. Some days it's hard to think of something, but I always feel better when I do.



### Playlist of my life

I find songs to represent all the different things I'm feeling then I sing along. Trying to allow myself to feel a range of different things. I try to end with something upbeat.



### Worry balloon

I write my worries on a balloon... then I blow it up and I let it go or pop it.



### Quiet time and relaxing

I enjoy my own space – sleeping in or taking a long bath. I immerse myself in things that make me happy like reading books, playing video games, listening to music, watching my favourite TV shows and cooking.



### The healing power of tea

We decided that there is hardly anything that doesn't feel a bit better with tea! Seriously though... even when things are really bad, if you take time out to make a hot drink and sit down with it, it gives you time to be calm, focus and begin to plan your way out of a hole.

## Things that support my wellbeing

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**Things to consider**

What makes you feel happy?  
What stops you feeling bad?  
What helps you relax or feel calm?  
What can act as a distraction?

What has worked well before?  
What new things would you like to try?  
What have others suggested?

## A plan for every day

Next we think about what things we should either try to do, or try to avoid each day in order to help ourselves feel as good as possible.

### Things to do

- Focus on positives
- Smile
- Believe in yourself
- Find a reason to get out of bed
- Try new things
- Exercise
- Contacting friends and important people
- Socialising
- Make time for yourself

- Shower
- Chill out
- Listen to music
- Talking to people in a positive way
- Get enough sleep
- Putting on make-up
- Give yourself space
- Eat regular meals
- Positive use of phones and social media





## Things to avoid

Being hard on yourself

Focusing on negatives

Feeling guilty about spending time alone or about going out

Taking things to heart

Staying in bed all day

Being alone all day

Being antisocial

Negative use of social media

Comparing yourself to other people

Worrying too much

Keeping things to yourself

Taking anger out on others

Hurting yourself

Smoking, drinking, drugs



## Daily maintenance plan

**Things I can do for myself every day to keep myself feeling as well as possible:**

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**Things I need to do, less often than every day, to keep my overall wellness and sense of wellbeing:**

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Things that I know would make me feel well, but that I don't currently do or could do a lot more:

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Things I should actively avoid because they make me feel bad or worse:

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## Managing triggers and challenges

Triggers are **things that happen to us or situations we face** that make it harder for us to stay well. Here we think about likely triggers and how we can manage them.

**My potential triggers and challenges:**

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### Things to consider

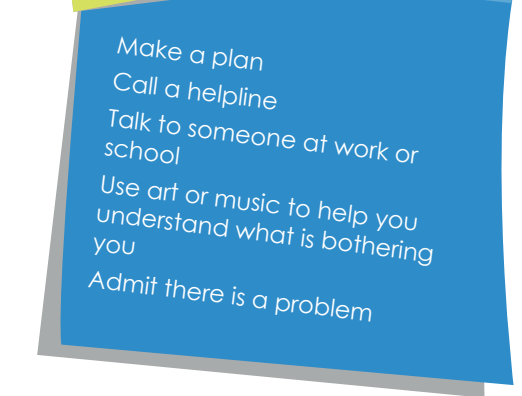
Exams  
A break-up  
Friendship issues  
Moving to a new school or class  
Change

Failure  
Difficulties at home  
Physical or mental illness  
Being bullied  
School holidays  
Not living up to expectations  
Comparing yourself with others



**Inspiration**

- Talk
- Let family support you
- Take time for yourself
- Research the thing that is bothering you so you feel more in control
- Use social media to ask for help



- Make a plan
- Call a helpline
- Talk to someone at work or school
- Use art or music to help you understand what is bothering you
- Admit there is a problem



The most important thing is to say something to someone. As soon as you open up it's like a weight has been lifted from your shoulders.

Things I can do to try and manage my triggers and challenges:

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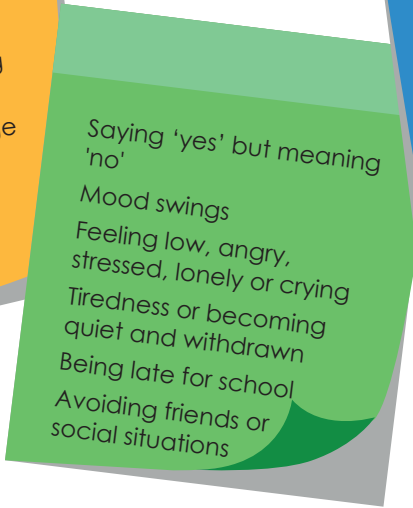
Early warning signs

It's useful to learn to recognise the signs in our thoughts, feelings, appearance or behaviour which might help us or those who care about us to recognise when we need help. Thinking about this can also help us recognise when a friend might need our support too.

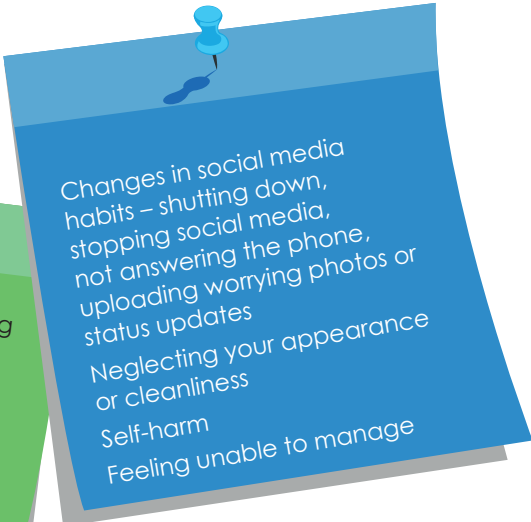


**Inspiration**

- Unusual behaviour – acting different from normal
- Changes in body language
- Losing interest in things
- Forgetting things
- Not listening or caring



- Saying 'yes' but meaning 'no'
- Mood swings
- Feeling low, angry, stressed, lonely or crying
- Tiredness or becoming quiet and withdrawn
- Being late for school
- Avoiding friends or social situations



- Changes in social media habits – shutting down, stopping social media, not answering the phone, uploading worrying photos or status updates
- Neglecting your appearance or cleanliness
- Self-harm
- Feeling unable to manage





You get pretty good at spotting the signs in your friends but it can be harder to see them in yourself, so you have to be a kind of little team looking out for each other and stepping in when one of you needs help.

**Warning signs that things are going less well for me or a friend:**

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## What next?

If you spot the warning signs that things are going less well for yourself or a friend, what should you do next? The young people we worked with had three main suggestions:



Write it down – if you're not ready to talk to someone, write down what's wrong and commit to a next step – it might be helpful showing someone what you've written.



Call a helpline or use a website if you're not ready to talk – for example the Samaritans: **samaritans.org | 116 123 | jo@samaritans.org** or Childline: **childline.org.uk | 0800 1111**.



Talk to an adult you trust – maybe a parent, teacher or doctor.



**What would you advise a friend?**

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**What could you try yourself?**

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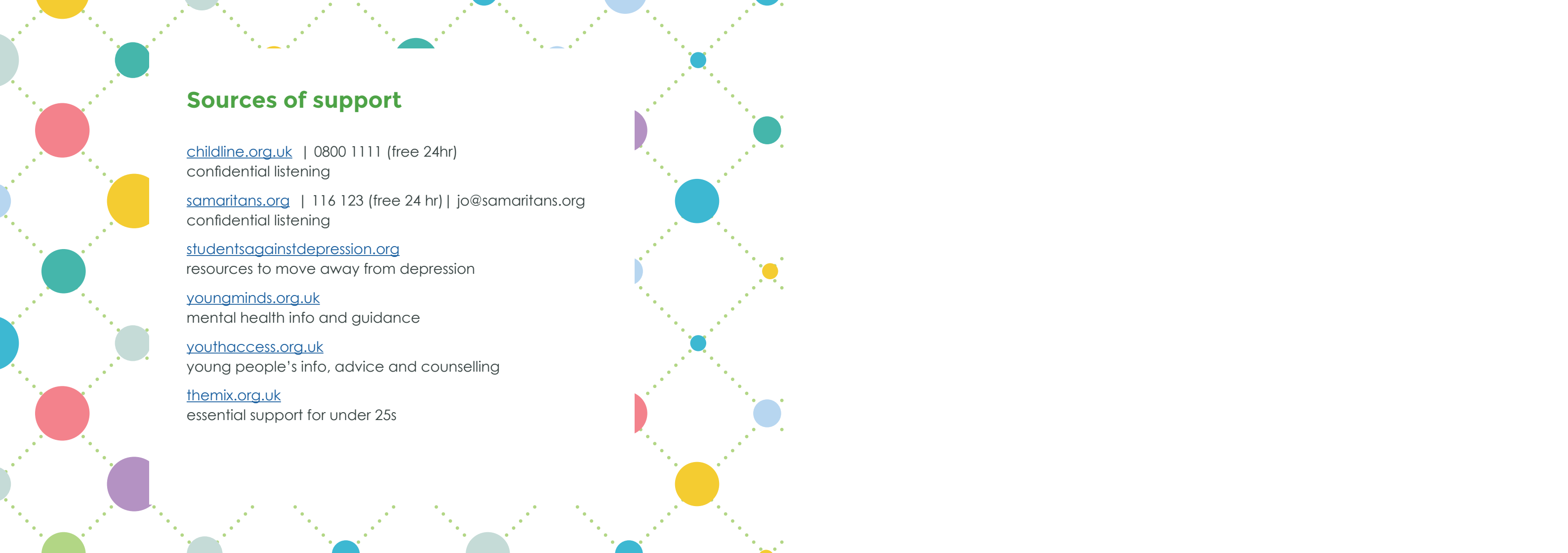
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## Acknowledgements

Based on the Wellness Recovery Action Plan model by Dr Mary Ellen Copeland.

A huge thanks to Jen Kenward, Paula Cruise and the 30 young adult carers and their supporters who were so giving of their time and ideas.



## Sources of support

[childline.org.uk](https://www.childline.org.uk) | 0800 1111 (free 24hr)  
confidential listening

[samaritans.org](https://www.samaritans.org) | 116 123 (free 24 hr) | [jo@samaritans.org](mailto:jo@samaritans.org)  
confidential listening

[studentsagainstdepression.org](https://www.studentsagainstdepression.org)  
resources to move away from depression

[youngminds.org.uk](https://www.youngminds.org.uk)  
mental health info and guidance

[youthaccess.org.uk](https://www.youthaccess.org.uk)  
young people's info, advice and counselling

[themix.org.uk](https://www.themix.org.uk)  
essential support for under 25s



To order hard copies of this booklet, please email  
**admin@cwmt.org** or call **01635 869754**

**www.cwmt.org.uk**

**The Charlie Waller Memorial Trust**  
32 High Street, Thatcham, RG19 3JD  
Registered charity no.1109984

*Raising awareness fighting depression*



**The Queen's Award  
for Voluntary Service**  
*The MBE for volunteer groups*

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# What Parents & Carers Need to Know about

# FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.



## WHAT ARE THE RISKS?

### RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. This 'end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a 'must have' for football-mad young gamers, no matter how minor the updates are on last year's version.

### AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

### IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

### CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

### ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the "just one more game" mindset starts to impact a child's daily routine, it could be a sign of gaming disorder: a recognised mental health issue.

### GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

## Advice for Parents & Carers

### BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers. By turning off voice chat in FIFA and allowing cross-party chat in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

### CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment methods – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

### STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

### AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

## Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



# 10



## National Online Safety

### #WakeUpWednesday

Sources: <https://www.windowcentral.com/youngster-spends-over-8000-fifa-xbox-highlighting-predatory-game-design-qa/> <https://www.who.int/news-room/questions-and-answers/item/addictive-behaviours-gaming-disorder/> <https://www.eurogamer.net/18-european-countries-call-for-better-regulation-of-loot-boxes-following-new-report>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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# Heatham House



## Black History Month October Half Term 2022

Heatham House has been a youth centre for over 70 years, serving generations of young people and cementing its place at the heart of the community. With fantastic facilities that include a football pitch, music studios, basketball court, art room, skatepark, performance hall and much more, it's safe to say that there's plenty to do at Heatham House for the 1,000+ young people that attend each year.

The October half term program is an essential time for us, celebrating events like Black History Month and Halloween. Both these events form a major part of our activities programme with Afro Caribbean culture being front and centre of our half-term activity offer. Our multicultural staff team looks forward to introducing young people to traditional African and Caribbean activities across sports, art, and music to provide fun and new experiences.

**FREE activities for  
9 to 19 year olds**



These activities are additional to our usual offer. We have sports, arts, music, fun, educational and developmental based activities available to young people aged 9 to 19 for absolutely FREE!

The full program can be found on the following pages can be booked at [heathamhouse.eventbrite.com](https://www.heathamhouse.eventbrite.com)

For more information please contact:  
E: [justin.johnson@achievingforchildren.org.uk](mailto:justin.johnson@achievingforchildren.org.uk)



## Activity descriptions

Full descriptions of each activity can be found on our Eventbrite booking page, but these descriptions should get you started.

### Lighthouse Project

Fun and friendly session for young people with autism and ADHD. Please speak to a member of the team before attending.

### Multi sports

Opportunity to access our fantastic outdoor facilities for some fun and sunshine. We've got footballs and basketballs, but please bring a scooter or skateboard if you can.

### Music production

Sing, rap, or make beats in a one-to-one or small group session with our music industry professional youth workers in our well-equipped music studios.

### No Straight Answer

Our very popular weekly session for LGBTQIA+ young people, it's an opportunity to have fun, meet new people and get advice and guidance. Please contact us for the time of the session.

### Under-14s Halloween fancy dress party

Guys and ghouls aged 10 to 14 years old are invited are invited to haunted Heatham House for an evening of devilishly good music that will be loud enough to wake the dead and lift your spirit.

Our special black history celebration art, music and sport activities.

## Black History special art, music and sport events

Full descriptions of each activity can be found on our Eventbrite booking page but these descriptions should get you started.

### AfroBeat dance class

Get your dancing shoes on and come shake a leg with dance instructor Nana. Learn Afrobeat routines and celebrate the cultural impact of modern Nigerian dance music in sessions that will leave you with a smile on your face and some moves for the dancefloor.

### Bajan street tennis

A staple in the paradise island of Barbados, think table tennis but without the table played on colourful courts nationwide. Easy to pick up and play, hard to master to a high level but fun nonetheless.

### Ghanaian Kente t-shirt printing

Using traditional Kente cloth designs we will be using our vinyl cutter and heat press to explore the symbolism and meaning behind the Ghanaian patterns and colours. Just bring your t-shirt and come and create a wonderfully colourful and culturally meaningful design to show off to your friends!

### **Graffiti workshop**

A hallmark of African American Hip Hop culture, our friend and professional graffiti artist, Tweak, will introduce you to the skills needed to create your own Hip Hop infused art masterpiece.

### **Hip Hop music production workshop**

Urban beat specialising in teaching young people how to make hip hop music on Logic Pro X and FL Studio. For young people looking to be the next Dr Dre, Carns Hill, or Metro Boomin.

### **Introduction to steel pan workshop**

It doesn't get more Caribbean than the steel pan. Native to the wonderful island of Trinidad and Tobago come and enjoy an introductory class on playing the Caribbean's most famous instrument and learn why it is so culturally important.

### **Learn to rap workshop**

Run by socially conscious professional rappers Squinge, SM, and J7, come and get an introductory session learning how to create raps and then put them to beats. Young people will get full use of our professional recording facilities to ensure they get the full experience of a recording artist.

### **Reggae jamming session**

A special jam session focused on the massively influential Jamaican music form: Reggae. If you can play guitar, bass, keys, drums or any other instrument, come and join like-minded young people from across south west London and learn to play with the rhythms, chords and subject matter made famous in reggae music. Held in our downstairs rehearsal rooms, we have some instruments that can be borrowed for the session if needed.

### **Roots restaurant cooking classes**

Cooking classes for young people looking to immerse themselves in Black culinary culture. These classes involve learning to make a traditional dish native to either Anguilla, Grenada and Sierra Leone, how our hosts came to live in the United Kingdom, the challenges they faced, and the successes they've achieved.

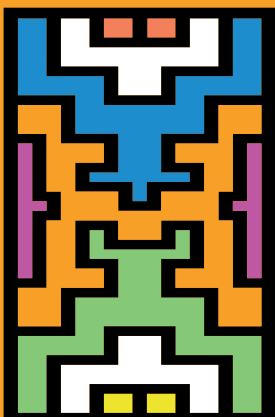
### **Senegalese Mancala board game tuition**

With its roots in ancient Africa, Mancala is thought to be the oldest board game in the world. Mancala is a strategic board game akin to chess. We will be teaching the Oware version of the game popular across Senegal and other countries in western Africa. If you're into board games, come and learn the game that possibly kicked it all off!

### **South African Ndebele t-shirt printing**

Using traditional Ndebele designs made famous by the Zulu tribes of South Africa we will be using our vinyl cutter and heat press to explore the symbolism and meaning behind these culturally important patterns and colours. Just bring your t-shirt and come and create a wonderfully colourful and culturally meaningful design to show off to your friends!

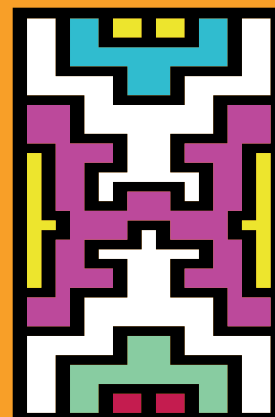


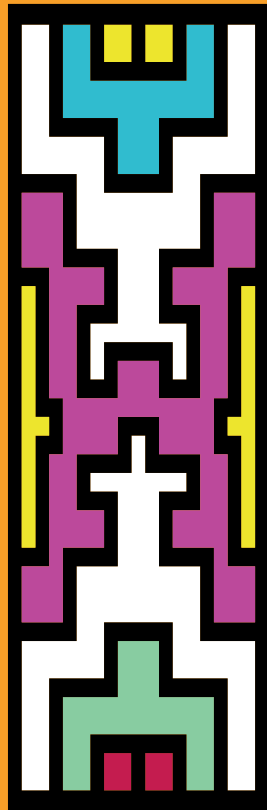


# Heatham House

## Black History Month

### October Half Term 2022



| Tuesday<br>25 October                                                      | Wednesday<br>26 October                                                    | Thursday<br>27 October                                                               | Friday<br>28 October                                                       |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>Multi Sports</b><br>10.30am to 12pm<br>12.30pm to 2pm                   | <b>Multi Sports</b><br>10.30am to 12pm<br>12.30pm to 2pm                   | <b>Kente T-Shirt<br/>Printing</b><br>11am to 1pm<br>2pm to 4pm                       | <b>Multi Sports</b><br>12.30pm to 2pm                                      |
| <b>Bajan Street<br/>Tennis</b><br>11.30am to 12.30pm                       | <b>Ndebele T-Shirt<br/>Printing</b><br>11am to 1pm<br>2pm to 4pm           | <b>Lighthouse</b><br>2pm to 4pm                                                      | <b>NSA</b><br>2pm to 4pm                                                   |
| <b>Express Yourself<br/>Rap Tuition</b><br>12pm to 3pm                     | <b>Open Music<br/>Studio</b><br>11am to 1pm<br>2pm to 4pm                  | <b>Roots Restaurant:<br/>Anguilla</b><br>3.30pm to 6pm                               | <b>Football,<br/>Basketball &amp; Skate</b><br>3pm to 4.30pm<br>5pm to 6pm |
| <b>Reggae Jam<br/>Session</b><br>2pm to 3.30pm                             | <b>Ghanain Mancala<br/>Board Game<br/>Tuition</b><br>12pm to 1.30pm        | <b>Introduction to<br/>Steel Pan</b><br>4pm to 6pm                                   | <b>Chicken Coop Feed<br/>&amp; Clean</b><br>3pm to 4pm                     |
| <b>Football,<br/>Basketball &amp; Skate</b><br>3pm to 4.30pm<br>5pm to 6pm | <b>Chicken Coop<br/>Feed &amp; Clean</b><br>3pm to 4pm                     |  | <b>Hip Hop Beat<br/>Making - Dwayne</b><br>3pm to 5pm                      |
| <b>Roots Restaurant:<br/>Grenada</b><br>3.30pm to 6pm                      | <b>Graffiti Workshop</b><br>4pm to 6pm                                     |                                                                                      | <b>Survivors<br/>Tae Kwon Do</b><br>5pm to 6pm                             |
| <b>Hip Hop Beat<br/>Making</b><br>4pm to 6pm                               | <b>Football,<br/>Basketball &amp; Skate</b><br>3pm to 4.30pm<br>5pm to 6pm |                                                                                      | <b>Halloween Event</b><br>6pm to 8pm                                       |
| <b>Afrobeat Dance<br/>Tuition</b><br>4.30pm to 6pm                         |                                                                            |                                                                                      |                                                                            |
| <b>Survivors<br/>Tae Kwon Do</b><br>5pm to 6pm                             |                                                                            |                                                                                      |                                                                            |

